

SAMPLE – Student Data Collection Form

2007–08 Physical Fitness Test

This form is for your convenience in collecting data for electronic submission. Please do not send this form to the state PFT contractor (Educational Data Systems).

Student Name: _____ **Test Date:** _____ **Statewide Student ID (SSID):** _____

I. STUDENT DEMOGRAPHICS – Fill in all information whether student has tested or not.

- A. County-District-School Code _____ – _____ – _____
- D. Charter School Number: _____ ('0000' for dependent charters or non-charter schools)
- C. School District Name: _____
- D. School Name: _____
- E. Grade: _____ (05, 07, or 09)
- F. Date of Birth (required): _____ (MMDDYYYY)
- G. Gender (required): _____ (M,F)
- H. Ethnicity: _____ (Enter ethnicity code from Table 1.)

I. Reason for Incomplete Data – Check one of the boxes and choose one of the following reasons:

☐ **Student not tested** ☐ **Student with partial data**

- _____ Absent on test date and all make-up sessions _____ Extraordinary circumstances
- _____ Waiver granted _____ Medical excuse
- _____ Individualized education program (IEP)/Disabilities

★★★★★★★★★ **Continue to Section II if student has tested or partially tested.** ★★★★★★★★★★

II. INDIVIDUAL STUDENT SCORES – Fill in all applicable data for each item below. Use a score of zero to indicate that the student was unable to complete the test. Leave score blank to indicate that the student did not attempt the test.

A. Aerobic Capacity (select one)

- | | | | |
|-----------------------------|-------------------------|---------------------|-------------------------------|
| 1) PACER* (20 meter) | 2) Mile Walk/Run | 3) Walk Test | |
| (# of laps) _____ | _____ Min. | _____ Min. | Heart Beats _____ |
| | _____ Sec. | _____ Sec. | (# of beats in 15 sec.) _____ |
| | | | Weight (lbs.) _____ |

B. Body Composition (select one)

- | | | |
|--------------------------------|---------------------------|-----------------------------------------------------------------|
| 1) Skinfold Measurement | 2) Body Mass Index | 3) Bioelectric Impedance/ Automated Skinfold Caliper |
| Triceps (mm) _____ | Height (ft., in.) _____ | |
| Calf (mm) _____ | Weight (lbs.) _____ | % Body Fat _____ |

C. Abdominal Strength

Abdominal Curl-Ups _____ (# of curl-ups. Not to exceed 75.)

D. Trunk Strength

Trunk Lift _____ (# of inches. Not to exceed 12 in.)

E. Upper Body Strength (select one)

- | | | |
|-----------------------|-----------------------------|---------------------------|
| 1) Push-Ups | 2) Modified Pull-Ups | 3) Flexed-Arm Hang |
| (# of push-ups) _____ | (# of pull-ups) _____ | (# of seconds) _____ |

F. Flexibility (select one)

- 1) Back-Saver Sit and Reach** Left Side _____ (# of inches. Not to exceed 12 in.)
- Right Side _____

2) Shoulder Stretch (Yes if student is able to touch fingertips./No if student is not able to touch fingertips.)

Left Side _____ (Yes/No) Right Side _____ (Yes/No)

* If the 15-meter PACER is administered, these scores must be converted to 20-meter scores. The conversion table can be found at <http://www.fitnessgram.net/>.

SAMPLE – Student Data Collection Form (Continued)

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TABLE 1 – Values for Ethnicity

| | |
|-----------------------------------------|-------------------------------------------------------------|
| 100 – American Indian or Alaskan Native | 302 – Guamanian |
| 201 – Chinese | 303 – Samoan |
| 202 – Japanese | 304 – Tahitian |
| 203 – Korean | 399 – Other Pacific Islander |
| 204 – Vietnamese | 400 – Filipino |
| 205 – Asian Indian | 500 – Hispanic or Latino |
| 206 – Laotian | 600 – African American or Black (not of Hispanic origin) |
| 207 – Cambodian | 700 – White (not of Hispanic origin) |
| 299 – Other Asian | 999 – Declined to state |
| 301 – Native Hawaiian | |